



Families gather at General Loop on Schofield Barracks for the annual Holiday Tree Lighting Ceremony on Tuesday.

Photo by Karen A. Iwamoto, Oahu Publications

Army community celebrates Schofield tree lighting

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Hundreds of families turned out for the 2017 Holiday Tree Lighting Ceremony, here, on Tuesday. They listened to live music by the 25th Infantry Division Band, enjoyed free hot chocolate and cookies provided by Island Palm Communities, and lined up to get their pictures taken with Santa. The annual event, hosted by U.S. Army Garrison-Hawaii and organized by the Directorate of Family and Morale, Welfare and Recreation, kicks off the holiday season in a family friendly atmosphere.

Also, the winners of the annual Schofield Barracks Holiday Card Lane contest were unveiled at the Tree Lighting Ceremony. Taking first place this year was the 3rd Brigade Combat Team's 325th Brigade Support



Photo by Karen A. Iwamoto, Oahu Publications

The winning Holiday Card Lane entry was created by the 325th Brigade Support Battalion, 3rd Brigade Combat Team. The bucking bronco pulling Santa's sleigh pays homage to the "Bronco" Brigade, which was organized at Schofield Barracks in 1963.

Battalion. The "Bronco" brigade's card depicted a bucking bronco pulling Santa's sleigh along a sandy Hawaiian beach.

In second place was the 249th Engineer Battalion,

"Prime Power," with its "pop up" holiday card that paid homage to the U.S. Army Corps of Engineers' castle logo, which on the card was painted red like the Engineer Castle on Ralston Field. That castle had been built by engineers between 1938-1941 and has come to be a symbol of Army engineers on Schofield Barracks.

Placing third was the Schofield Barracks Youth Center with its card showcasing a traditional Christmas scene, complete with a light-up Christmas tree, a toy train and stockings hanging over a fireplace.

Holiday Card Lane cards are made of 4-foot by 8-foot sheets of plywood that are decorated by various Army Hawaii units and organizations and placed on display at Schofield Barracks until Jan. 5, 2018.

The winners of the Fort Shafter Holiday Card Lane contest were announced after the *Hawaii Army Weekly's* publica-



Photo by Staff Sgt. Keith Anderson, 25th Infantry Division Public Affairs
The Blue Star Berge family gathers around the podium to light the tree at the Holiday Tree Lighting Ceremony, Tuesday, at Schofield Barracks. Maj. Chris Berge, far left, is part of the 130th Engineer Battalion and was back in Hawaii on holiday leave. He is currently deployed to Saudi Arabia as an adviser to the Royal Saudi Army on an individual assignment.

tion deadline on Thursday, at the Fort Shafter Holiday Tree Lighting Ceremony. The results will be published at hawaiiarmyweekly.com and in an upcoming edition of the newspaper.

Upcoming holiday events
Review holiday events on p. B-2. Also, catch these holiday events coming up:

- Dec. 2 – The Honolulu City Lights start at 4 p.m. with a parade, arts and craft booths, live entertainment and children's rides. The display remains open through Jan. 1, 2018.
- Dec. 9 – The Kapolei City Lights start at 4 p.m. with a street festival, parade, food and live entertainment. The display remains open until Jan. 1, 2018.

2IBCT Sappers conduct demolitions training

MAJ. KAREN ROXBERRY
2nd Infantry Brigade Combat Team
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — U.S. Army Sappers specialize in a variety of military engineering duties that help friendly forces to move around the battlefield as well as to impede movement of the enemy. On Oct. 30, Sappers assigned to Alpha Company, 65th Brigade Engineer Battalion, 2nd Infantry Bde. Combat Team, 25th Inf. Division, conducted demolitions training, here, to maintain and hone their wartime skills. "Demolitions is one thing that sets us apart from the infantry on the battlefield," said Capt. Thomas Malejko, commander for A Co., 65th BEB. "This is a baseline requirement for us to support the brigade." Training is executed through a series of qualification tables, which are designed to establish a common standard for skills and to provide preliminary and proficiency training. "So we are conducting engineer qualifications, four and 12 today. Engineer qualification four is mandatory for the



Photo by Sgt. Alvin Reeves, 2nd Infantry Brigade Combat Team Public Affairs
25th Infantry Division

Soldiers of A Co. on a quarterly basis," explained Malejko. "As part of this, each Soldier will take a demolitions test and then prime and lock C-4 and then tie it into a ring main, commonly referred to as

a confidence shot." The confidence shot or blast helps build confidence in each Soldier to prime and initiate demolitions and helps give a baseline understanding of demolitions.

Soldiers from 65th BEB, 2nd IBCT, 25th ID explode powerful demolition during their engineers' qualifications tables. These quarterly qualifications ensure Soldiers have a baseline understanding of demolitions and how to handle them.

The second aspect of the training, engineer qualification 12, is designed to train squad- and platoon-sized elements on their skills required to fight and win. They are best executed in scenario. "For the Soldiers of A Co., qualification 12 consisted of a live crater mission with a platoon-sized element where they execute three 40-pound shape charges followed by three 40-pound crater charges in one hole," said Malejko. "This is a training mission where they would have to disable a road or line of communication." Sappers provide a critical component to fighting power for the brigade, and these continuous training events are vital to maintaining overall readiness. "These are the hardest working Sappers on the island," said Malejko. "They are trained and ready to fight and win when our nation call."

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New exhibit remembers internment at KMC

U.S. SENATE
News Release

HILO, Hawaii — U.S. Sen. Mazie K. Hirono joined the superintendent of Hawaii Volcanoes National Park, Cindy Orlando, to dedicate a new exhibit recounting the internment of Japanese Americans at the Kilauea Military Camp (KMC) during World War II.

More than 100 Japanese Americans were imprisoned at KMC – the largest incarceration site in Hawaii outside of Oahu.

“The internment of Japanese Americans during World War II was based on discrimination and racism, and when our country goes down this path, the outcome is never good. At a time when the president and his allies have escalated their rhetoric against Muslims and other racial and ethnic minorities, exhibits like this provide a necessary reminder of the consequences of hatred and division,” Hirono said.

“I commend the National Park Service for creating this new exhibit, and encourage future park visitors to take the opportunity to learn about this dark chapter in American history.”



Courtesy photo

Senator Mazie Hirono (in blue, seated) attends the dedication of an exhibit marking the internment of Japanese Americans during World War II at Kilauea Military Camp. She is joined by Lt. Col. John Hill, the executive officer of U.S. Army Garrison-Hawaii.

GENERAL VISIT



Courtesy photo

Staff Sgt. Robert G. Alexander, Pfc. Jacob R. Weiler and Pfc. Richard J. Thompson, small arms/artillery repairers with the 536th Support Maintenance Company, 524th Combat Sustainment Support Battalion, 25th Sustainment Brigade, 25th Infantry Division, give attention during a briefing.

Gen. Robert B. Abrams (second from left), commanding general of U.S. Army Forces Command, and Command Sgt. Maj. Michael A. Grinston (left), FORSCOM senior enlisted adviser, provide information during their visit, Nov. 16, in Taji, Iraq.

Hawaii’s defense economy launches website

Online site will help tell everyone the DOD’s impact on state’s financial intake

STRYKER WEINER & YOKOTA
Public Relations, Inc.

HONOLULU — The U.S. military is a critical part of the Hawai’i community. With approximately \$2 billion spent on defense contracts every year in the islands, the defense industry is Hawaii’s second largest economic driver.

A new project called the Hawaii Defense Economy (HDE) is focused on enhancing understanding of Hawaii’s defense industry supply chain and the economic impact of defense contracts and grants awarded in the state. HDE has just launched its website that includes data analysis tools that will help provide better analysis and insight into the industry.

The HDE is a project undertaken by the State of Hawaii, led by the State Department of Labor and Industrial Relations – Office of Community Services (OCS), and funded by the U.S. Department of Defense (DOD) – Office of Economic Adjustment. The information gathered and analyzed by HDE will help the state understand the impact of any changes to defense spending, military operations or personnel numbers in Hawaii.

It is also a valuable tool for Hawaii-based companies to learn more about the DOD’s contracting trends, growth segments and business opportunities.

“The defense industry supports more than 64,000 jobs in Hawaii, and total spending is an estimated \$7.8 billion,” said Gov. David Ige. “The HDE project provides insight into the relationships between the DOD in Hawaii and companies contracted to do business performed in the State. It will help us take informed, proactive measures and plan for potential changes in defense requirements in Hawaii.”

As one of the only states that is home to all



Courtesy photo

In 2016, more than 1,000 small businesses received nearly 2,000 contracts worth \$1 billion.

five service branches of the military (Army, Navy, Air Force, Marines and Coast Guard), the DOD issues millions of dollars in contracts in Hawaii every year for various projects. The range in work and products varies from information technology and cybersecurity to construction, and food and fresh produce.

The HDE website provides detailed information through interactive graphs and charts.

Users can learn more about the following:

- Ranking of the top products and services purchased by the DOD since 2008;
- How the money flows from DOD contracting agencies to be spent on products and services;
- Ranking of the largest contracts by dollar value;
- Which products and services the DOD spends the most money on;
- Growth in special set aside categories;
- Trends in key growth areas;
- Ranking of top small business contracts;
- Which companies qualify for special business categories; and
- Which organizations and individuals are

doing business with the military in Hawai’i (including a searchable database).

“Prior to this project, we knew that billions of dollars poured into Hawaii through defense contracts; however, we did not have a great understanding of who was benefiting,” said David Carey, chairman of the Hawaii Military Affairs Council. “The data analysis provided on the HDE website allows us to really see how impactful the defense industry is on our local business community, and hopefully provide opportunities for other businesses to become a contractor or subcontractor with the defense industry.”

The DOD relies upon hundreds of small businesses in Hawaii to provide critical products and services to the different branches and commands across the state. In 2016, more than 1,000 small businesses received nearly 2,000 contracts worth more than \$1 billion total.

“There could be more opportunities for local companies to partner with the DOD, and we hope that they will use this resource to see what areas there are contract opportunities,” added Carey.

The HDE team is currently in the process of developing an action plan for the state. Based on the analysis, which will improve understanding of the economic impact of defense contracts and awards in Hawaii, the action plan will include recommendations to help prepare for possible changes in the defense economy and to take advantage of interesting new opportunities.

More Online

Individuals interested in learning more about the HDE project are encouraged to visit and register on the HDE website at www.HawaiiDefenseEconomy.org. Registered users will receive ongoing updates about military contracts and spending, trends and important developments in Hawai’i’s defense community.



Voices of Ohana

We wondered,

“What do you do to make it feel like the holidays in Hawaii?”

By 25th Sustainment Brigade Public Affairs, 25th Infantry Division



“I surround myself with family and friends for a potluck dinner, then donate the leftover food, toys and clothes to the homeless.”

Sgt. 1st Class Derrick Felix
Operations noncommissioned officer in charge Headquarters and Headquarters Company, 25th STB



“I spend time with my family, decorate my house and drink hot coco while watching holiday movies with my family.”

Cpt. Dave Niemczura
Brigade Operations Officer HHC, 25th DSF



“I make coquito, which is a Puerto Rican eggnog, and take my family to the beach to make snowmen out of the sand.”

Staff Sgt. Eddie Rivera
Operations noncommissioned officer HHC, 25th STB



“My wife likes to play the Bruce Springsteen holiday collection around the house to make it feel more like the holidays.”

Cpt. James Toomey
Operations Officer HHC, 524th CSSB



“I put up lights, decorate the tree and enjoy lots of food!”

Staff Sgt. Guadalupe Vela
Highway Operations noncommissioned officer HHC, 524th CSSB

Engineers fought, lived through Pearl attack

U.S. ARMY CORPS OF ENGINEERS
Honolulu District Public Affairs

FORT SHAFTER — Dec. 7, 1941, was the opening scene of World War II, and the U.S. Army Corps of Engineers was there.

At 7:55 a.m., two waves of Japanese warplanes from a naval task force about 250 miles north of Hawaii appeared over Oahu. Some headed for American warships at Pearl Harbor and the planes on the ground at nearby Hickam Field. Others hit Schofield Barracks, Wheeler Field and Bellows Field.

The Corps of Engineers in Hawaii consisted of Soldier-engineers in the Army's Hawaiian Department, and the Corps' Honolulu Engineer District, then part of the South Pacific Division.

Col. Albert K.B. Lyman, a native Hawaiian who later attained the rank of general officer, was the Army's Hawaiian Department engineer with offices at Fort Shafter. He commanded the 34th Eng. Combat Regiment, the 804th Eng. Aviation Battalion, plus the 3rd Eng. Cbt. Bn. of the 25th Infantry Division.

All of Lyman's engineers were at Schofield Barracks. These military engineers were enlarging and modernizing facilities at Fort Shafter and Schofield Barracks, building anti-aircraft gun sites and bomb-proofing coastal fortifications. Part of the 804th Eng. was building U-shaped dirt bunkers for aircraft dispersal at Wheeler Field.

On the civil side, Lt. Col. Theodore Wyman, the Honolulu District engineer, had offices at the Alexander Young Build-



Lyman

ing in Honolulu, employing 10 officers and 400 civilians. Fourteen field area offices had three officers and 200 civilians. Many District team members were at work that morning. There had been a rapid increase in defense projects after France fell in 1940.

Wyman's workforce was building stationary early warning radar sites on Kauai, Maui and Oahu, although none were operational on Dec. 7. The transfer of Army Air Corps construction from the Quartermaster's Department to the Corps in early 1941 also increased Wyman's responsibilities. His district took over enlarging eight airfields and building two new ones, and began work on a gasoline and bomb storage site at Hickam Field.

In October, Wyman began his most important project – building an air ferry route across the South Pacific to Australia. By December, airfields were being built on Christmas and Canton islands, in Fiji, and on New Caledonia. In addition to defense work, Wyman remained responsible for civil works projects such as dredging Honolulu Harbor.

No District team members or engineers were killed when the Japanese struck without warning, but there were close calls. Paul J. Lynch, the area engineer in charge of construction at Bellows Field, watched with horror as Japanese planes strafed the field, destroying most of the P-40 Warhawk fighter planes. Lynch directed dispersal of his equipment, and because of his efforts none was lost.

1st Lt. Harvey R. Fraser was at Schofield Barracks that morning preparing to leave the next day, Dec. 8. Reassigned to the mainland, he had recently turned over Company A, 3rd Eng., to his successor.

One of the first bomb blasts blew out a window of Fraser's house, and he ran to get his pistol to shoot at the low-flying planes, forgetting he had already turned



File photo

Planes and hangars burn at Wheeler Field during the Japanese attack on Dec. 7, 1941. Attacks were also made at Hickam Field, Schofield Barracks and Bellows Field, Pearl Harbor and Kaneohe.

in his weapon. Fraser hurried to Schofield Barracks where the battalion commander gave him back Company A. He found his men in the street shooting at attacking planes. Fraser told the supply sergeant to give weapons to anyone who asked and to tell them to shoot at the Japanese planes.

Later, Fraser almost had to pay for the weapons, because in the haste to go to war, no one had asked for, or given out, any receipts!

That afternoon, the 804th Eng. began salvage operations at Wheeler Field. The 3rd Eng. moved with the 24th Division to the North Shore to defend against the expected Japanese invasion, which never

came. As eventful as Dec. 7, 1941, was, it was but the first of many days of war for the engineers in Hawaii.

Honolulu District completed the ferry route in January 1942, and built more airfields, and port and base facilities for the war.

All the Hawaiian Department engineer units served in the war.

The 34th Eng. served in the Central Pacific and landed on Kwajalein. The 804th Eng., also in the Central Pacific, saw action at Saipan.

The 3rd and 64th Eng. went to the Southwest Pacific and fought and built their way through the Solomons, New Guinea and the Philippines.

Missile defense scans the stratosphere to protect all

SGT. 1ST CLASS CLAUDIO TEJADA
94th Army Air and Missile Defense Command
Public Affairs

HONOLULU — With the threat of ballistic missile launches by North Korea, the Army maintains Army-Navy/Transportable Radar Surveillance systems, or AN/TPY-2, in Japan to keep a watchful eye on the skies above.

The responsibility falls to a small group of Soldiers stationed in Kyogamisaki and Shariki, Japan. The radar sites provide regional defense for Japan while also significantly improving the defense of the United States.

The Soldiers in these units operate high-resolution, phased-array, X-band radars designed and built specifically for the U.S. missile defense missions. The radars can perform air surveillance to very high altitudes and identify and track aerial targets, including incoming ballistic missiles. The radar also has the ability to differentiate between warheads or space debris.

Mission

The 10th Missile Defense Battery, located at the Shariki Communications Site, has been operational since 2006. This was the first AN/TPY-2 radar installation in Japan and also the first new U.S. military installation to open there since the end of World War II.

The AN/TPY-2 radar is integrated with the Terminal High Altitude Area



U.S. Air Force photo by Staff Sgt. Perry Aston, Airman Magazine

Soldiers from the 94th AAMDC, attached to the 613th Air Operations Center Pacific Air Forces, track a ballistic missile that was launched from North Korea, Sept. 14, at Joint Base Pearl Harbor-Hickam.

Defense, or THAAD, system, and serves as its primary sensor. The radar's mission is to track the late stages of the missile course, enabling missiles fired by the system to intercept both outside the atmosphere and once a reentry vehicle enters the atmosphere.

The 14th Missile Defense Battery is the newest radar unit. Located at the Kyogamisaki Communications Site, it has been operational since October 2014. Since then, both units have been on constant watch with recent events in the Korean peninsula.

Their mission is to pass highly accurate missile track data to managers in the Air and Space Operations Center at Joint Base Pearl Harbor-Hickam and managers throughout the United States.

"We provide the strategic-level early warning for all ballistic missiles launched from North Korea that have the potential to impact the United States homeland," said Army 1st Lt. Seth Bond, the 14th Missile Defense Battery executive officer.

The information received by the AN/TPY-2 radar is critical data.

Shared information

Both units also work closely with the 100th Ground-Based Midcourse Defense Brigade based in Colorado Springs, Colorado, feeding data and cueing various radar sensors throughout U.S. Strategic Command and U.S. Pacific Command.

The data collected is shared with other services and nations to provide early warning and detection of hostile missile launches as part of USPACOM's missile early warning architecture, which greatly enhances the defense of USPACOM assets and the United States.

"This information cues the various sensors located throughout the Pacific to ensure any intercept vehicle will accurately engage the warhead," Bond said.

Once a possible threat has been detected, either through naval, or elevated sensors, Soldiers from the 94th Army Air and Missile Defense Command can either engage the threat or pass the engagement to an asset that is able to range the target.

"The 14th MDB has successfully tracked and processed all ballistic missile launches originating from North Korea," Bond said. "The unit is extremely efficient, and we provide updates to entities across (U.S. Army Garrison Japan), PACOM, STRATCOM (strategic communications) and (U.S. Northern Command)."

With the increase of threats from North Korea, the Soldiers from the 10th MDB and 14th MDB remain focused on being the nation's first line of defense.

Warrior Inn takes first in Thanksgiving contest

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — The Warrior Inn dining facility, managed by the 2nd Infantry Brigade Combat Team, is the winner of the 25th Infantry Division’s 2017 Commander’s Best Thanksgiving Competition.

The culinary staff from the Warrior Inn accepted the 25th ID Commanding General’s Cup at a ceremony, Nov. 22, at the Sustainment Bistro, here.

“We’re extremely proud,” said Chief Warrant Officer Kenneth Robertson, the 2nd IBCT food adviser. “We worked very hard for several months to make this happen. We held planning meetings, bounced different ideas around and coordinated with different agencies to make everything come together.”

Speaking of bouncing, as part of the Thanksgiving celebration, the 2nd IBCT brought in a rocket-themed bounce castle for the Soldiers’ children, and provided live entertainment via members of the 25th ID’s ha’a dance team.

“The ha’a team added a great touch,” Robertson said. “We had a traditional Thanksgiving menu, but we also had pig and prime rib. That might have helped as well.”

The Commander’s Best Thanksgiving Competition is a tradition that pits the Tropic Lightning Soldiers’ four brigades, which each manage their own dining facility, against each other as they compete to deliver the best in food, creativity and camaraderie.

The breakdown of this year’s competition is as follows:

- 1st place: Warrior Inn, 2nd IBCT.
- 2nd place: Bronco Café, 3rd Brigade Combat Team.
- 3rd place: Wings of Lightning, 25th Combat Aviation Bde.
- 4th place: Sustainment Bis-tro, 25th Sustainment Bde.



Photo courtesy of 25th Infantry Division

Sgt. 1st Class David Martinez, Warrior Inn dining facility manager, holds the winning trophy and poses for a photo with the command team of 225th BSB, 2nd IBCT, after being awarded the 25th ID Commanding General’s Thanksgiving Day “Best Mess” award.

‘Broncos’ join ‘Surfing the Nations’ to serve local meals

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

WAHIAWA — Thanksgiving cheer was celebrated a day early as Soldiers and their families from the 3rd Brigade Combat Team, “Bronco,” 25th Infantry Division, helped to provide a joyful meal to the local community, here, Nov. 22.

“This is the 6th Annual Thanksgiving Luau that Surfing the Nations has put on,” said Ben Dojohn, a volunteer for Surfing the Nations. “Our whole idea is usually, even during the Thanksgiving season, a lot of ... taking, enjoying food and enjoying family.”

According to Dojohn, about 40 members from the Bronco Brigade family provided invaluable volunteer support for the event.

“They’re here just to serve the people, whether that is serving food in the back or serving the people directly in the front here,” Dojohn said. “They’re a huge help that we couldn’t do the event out with.

“We understand ... being in Wahiawa a lot of people here don’t necessarily have the opportunity,” he said, “so we want to give back to the community and to share



Hundreds of residents from central Oahu enjoy the sixth Annual Surfing the Nations Thanksgiving in Wahiawa, Nov. 22.

a meal with them, to have some entertainment on stage and to enjoy this Thanksgiving season.”

Julia Hughes, spouse to Staff Sgt. Brian Hughes, assigned to 2nd Battalion, 35th Inf. Regiment, 3rd BCT,

was one of the numerous spouses lending a hand during the Thanksgiving meal.

“We’re out here serving Surfing the Nations,” said Hughes. “We’re serving a Thanksgiving meal with turkey, mashed potatoes and gravy, and rice, and all the fixings, including deserts like pumpkin pie.

“It’s an honor to be able to give back and to help those that may not have a home to go to for Thanksgiving dinner,” she added. “It’s a way to bring our home to their home and to give a service with a smile.”

Some in the local community enjoying the festivities were military veterans.

Herbert Downes, a U.S. Army and Korean War veteran, shook the hand of 1st Lt. Kevin Otwoma, assigned to 2nd Bn., 27th Inf. Regt., 3rd BCT, for his service and help during the Thanksgiving luau.

“It’s a wonderful day to me,” Downes said. “It’s a wonderful thing for the military and I appreciate that.”

Cindy Bauer, co-founder of Surfing the Nations, thanked Chris Ryan for helping to organize support, saying, “She is probably one of the most amazing women I’ve ever met, and so completely committed.”

Tropic Lightning names Career Counselor of Year

STAFF SGT. HEATHER A. DENBY
25th Sustainment Brigade
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Do you have what it takes to keep Soldiers in the U.S. Army?

The choice to continue to serve in the military is more than signing a contract. It requires physical and mental readiness to uphold the standard, but it all starts with a visit to your retention office.

Three retention noncommissioned officers and four career counselors from across the 25th Infantry Division tested their mettle in standard setting during the Career Counselor of the Year competition Nov. 15-16, here.

“This competition identifies the best of the best from the Division,” said Sgt. Maj. Sam Shiraishi, 25th ID command career counselor. “The competitors are literally the cream of the crop, and competitions like this only make them better.”

More than a dozen career counselors from the installation supported the events.

The two-day competition included an Army Physical Fitness Test, eight Warrior Tasks, a 4-mile ruck march, a timed essay question and a military



Staff Sgt. Shawn Brown, a retention non-commissioned officer with 1st Bn., 27th Inf. Regt., 2nd IBCT, dawns his gas mask, Nov. 15, during the competition.



Sgt. 1st Class Ricky Ichihara, career counselor for the 3rd Bn., 7th FAR, 25th DIVARTY wins first place in the competition.

proficiency board.

The competition had two categories: retention and career counselor. Retention NCOs work at the company level. Career counselors attain a new military occupational specialty and operate at battalion and higher commands.

Winners Sgt. 1st Class Ricky Ichihara, career counselor for 3rd Battalion, 7th Field Artillery Regiment, 25th Division Artillery, and Staff Sgt. Shawn Brown, retention noncommissioned officer for the 1st Bn., 27th Inf. Regt., 2nd Brigade Combat Team, were recognized by 25th ID Command Sgt. Maj. Brian Hester and Shiraishi in an awards ceremony held Nov. 17 at the KoleKole Grill.

“It feels good to be recognized,” said Ichihara. “It means that something good came out of the preparation and studying that I put into it, but at the end of the day, it really means that I’ve made myself a better counselor for our Soldiers.”

Ichihara will represent the 25th ID during the U.S. Army Pacific Command Career Counselor of the Board, Jan. 24-25, on Fort Shafter.



All photos by Sgt. Ian Ives, 25th Sustainment Brigade Public Affairs, 25th Infantry Division
Staff Sgt. Nathaniel Williamsgriffin, a retention noncommissioned officer with 2nd Bn., 27th Inf. Regt., 3rd BCT, catches his breath after a ruck march, Nov. 15.



Staff Sgt. Shawn Brown, a retention noncommissioned officer with 1st Bn., 27th Inf. Regt., 2nd IBCT, races towards the finish line, Nov. 15.

Postal Service releases Hawaii-specific dates

U.S. POSTAL SERVICE
News Release

HONOLULU — Now that everyone has survived the mad Black Friday and Cyber Monday shopping rushes, Hawaii residents' thoughts will soon turn to shipping.

The Postal Service is happy to assist its customers in that endeavor by providing suggested holiday mailing dates specific to Hawaii, news on extended holiday services, information about convenient self-service options and holiday mailing tips.

Suggested mailing dates

Below are the dates that the Postal Service suggests Hawaii residents mail their letters, cards and packages to give them the best chances of reaching their destinations by Christmas. Note that the dates apply to the mail received by each Post Office's daily cutoff time.

The suggested mailing dates are Dec. 6 for first-class and Priority mail headed to international and overseas military destinations, and Dec. 15 for First-Class and Priority mail headed to the mainland. Procrastinators have until Dec. 20 to send their holiday cheer to the mainland via expedited Priority Express shipping service.

From Hawaii to	First-Class & Priority Mail	Priority Express Mail
U.S. Mainland	Dec 15	Dec 20
Hawaii	Dec 21	Dec 22
Guam & Saipan	Dec 13	Dec 19
American Samoa	Dec 7	Dec 14
Military APOs & FPOs	Dec 6	Dec 13
International	Dec 6	Dec 13



File photos

Service members sort through mail received at a deployed location.

Dates apply to mail received by each Post Office's cutoff time.

Postal customers are asked to keep in mind that the above suggested mailing dates are not deadlines, implying that packages or letters will not arrive at their destinations if mailed after the listed dates. In fact, if normal holiday conditions prevail, chances are good that letters and packages sent shortly after the suggested dates will still make it to their destinations before Christmas.

Ultimately, uncontrollable factors such as mailing



volumes and weather determine whether deliveries can be made early or on time.

No extended retail hours this year

We won't be extending our hours of operation at any of our Hawaii Post Offices this holiday season. Instead, we're encouraging our customers to take advantage of our 24-hour self-service kiosks and the online payment and pickup options at USPS.com

Self Service Ship & Mail Centers

These convenient postal kiosks allow customers to purchase stamps, print and pay for postage for packages, and conduct other common transactions without the need to stand in line to see a mail clerk – an all-too-frequent necessity during holiday mailing season.

Perhaps most important, customers can access the Self Service Ship & Mail Centers 24/7, at times that are convenient to them. USPS Self Service Ship & Mail Centers are located in Hawaii outside or in the service lobbies of 15 Post Offices, in addition to one located inside the Safeway on Kapahulu Avenue on Oahu.

The Postal Service receives no tax dollars for operating expenses, and relies on the sale of postage, products and services to fund its operations.

News BRIEFS

Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com

December

1 / Friday

AARP — Find out about AARP Hawaii's efforts to make Honolulu a better place to live and how you can help at AARP in Action events on Dec. 1 from 11:30 a.m.-1:30 p.m. at Harris United Methodist Church, 20 S. Vineyard Blvd. near Downtown

Honolulu. AARP Hawaii puts on free workshops for caregivers, helps kupuna prepare their taxes, advocates to protect Social Security and Medicaid, fights fraud and holds other activities throughout the year to help people choose how they live as they age. You don't have to be an AARP member to attend, but you do have to preregister online at bit.ly/aarpHlevents or by calling 877-926-8300.

9 / Saturday

Ewa Field — The public is invited to the 2017 Annual Commemoration of Ewa Field on Dec. 9 at 9:30 a.m. The field is directly makai of Pride

Baseball Field; the gate opens at 8 a.m. Support Ewa Field becoming a national landmark, part of the World War II National Monument, creating a new national and international visitor attraction in West Oahu.

Ongoing

Cellphones — A new city ordinance makes it illegal to look at a cellphone or other electronic device while crossing a street or highway on Oahu. Read about this new law at www.hawaiiarmyweekly.com/2017/10/26/cell-phone-safety-bill-now-in-effect/.

Traffic & Outages

Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

(Note: Times and locations of outages are a best guess; field conditions may extend time needed.)

December

2 / Saturday

Road Closure — The Directorate of Family and Morale, Welfare and Recreation will conduct a run-

ning race on Wheeler Army Airfield beginning at 7 a.m. at Kawamura Gate. Eastbound lanes of Wright Avenue and westbound lanes of Santos Dumont will be closed from 6:45-9 a.m.

11 / Monday

Wright Avenue — Partial road closures will be in effect at Wright Avenue on Wheeler Army Airfield between Langley Loop and Elleman Road for curb inlet repairs at seven locations.

The partial road closures are Dec. 11-Feb. 2, 2018, from 7 a.m.-3:30 p.m., Monday-Friday.

16 / Saturday

Outage — Wheeler's

Wiliwili Housing Area will experience an electrical outage from 7 a.m.-5 p.m. The outage is required to Support a 25th Combat Aviation Brigade project and provide a back up feed for housing.

Ongoing

Parking Closure — The Schofield Barracks Dental Clinic parking lot will be closed for construction through Dec. 18. The clinic apologizes for this inconvenience. Patients should show up 15 minutes earlier for appointments. Parking can be found adjacent to the Exchange and behind the dental clinic.

Outdoor Recreation offers PT adventure, de-stressors

Members of Forward Support Company, 84th Engineer Battalion, play bubble soccer outside the Outdoor Recreation Center.

Story and photos by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — The Outdoor Recreation Center was filled with laughter. Soldiers wearing giant plastic Battle Balls had smashed into each other, tumbling and rolling around the field.

Spc. Jianing Guo, automated logistical specialist, Forward Support Company, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, came close to the sidelines, and his fellow colleagues offered to jump in for him if he was tired.

"One more," he said, almost out of breath, and went back in to the bubbly chaos.

It's a given that service members must stay in shape, exercising each day. However, marching in full gear or simply running every morning can be tedious, especially this past week as many have been working off Thanksgiving indulgences. But physical training (PT), doesn't have to be boring.

PT Adventure

"I was surprised what a good workout this is," said Sgt. 1st Class John Roberts, a maintenance supervisor with FSC, 84th Eng. Bn.

One Soldier commented that it tends to get hot in the Battle Ball fairly quickly.

"It's pretty fun (to play outside)," said Spc. Jean Lindor, a track vehicle repairer with FSC, 84th Eng. Bn. "People hit you back. You don't know where it's going to come from."

The Family and Morale, Welfare and Recreation Directorate's Outdoor Recreation Center offers two types of alternative physical training to service members. One is called PT Adventure, the other, Warrior Adventure Quest.

PT Adventure is open to active duty service members. For \$6 per person, Soldiers can use equipment from the ORC.

Members of FSC, 84th Eng. Bn. played bubble soccer, using a stability ball as a soccer ball, and with each player wearing a giant plastic Battle Ball.

"I wish PT was like this every day," said 2nd Lt. Russell Kimmel, platoon leader, Maintenance Platoon, FSC, 84th Eng. Bn. "If PT was this fun, no one would complain - ever."

Kimmel said two to three times per month, the unit does alternative PT. They have tried different types of alternative PT, such as hiking Kaena Point, playing ultimate Frisbee and conducting relay races with built-in exercises.

"(If the alternative activity) still meets the objective of getting a good workout, then why not?" Kimmel said.

Spc. Briyitt Peredia initiated the request for a second game with Battle Balls, as the unit had already played before.

"Everyone got involved," she said. "We started asking more people if they wanted to come. (The game included) senior noncommissioned officers, of-

ficers, a lot of higher ups you wouldn't think would come."

Peredia said it was fun to knock over one's platoon leader. Overall, she said, the game not only added an element of variety, but also promoted camaraderie among the enlisted and officers.

"It's good motivation," said Chief Warrant Officer 2 Jesse Amaya, an automotive maintenance warrant officer, FSC, 84th Eng. Bn. "You get to mess around, but you get the padding. It's (also) monitored."

Warrior Adventure Quest

The ORC also offers Warrior Adventure Quest, which is usually for Soldiers returning from deployment. This activity, unlike PT Adventures, costs nothing, and is considered a duty day. Unit leadership also attends and participates.

"This tool presents coping outlets to help Soldiers realize their own new level of normal after deployment and 'move on' with their lives," the DFMWR website reads.

This program began in 2009 during the Global War on Terrorism. Soldiers coming home from deployment would use this as an Army Reset program, which aids in getting individual Soldiers re-acclimated to being at home again. Since then, WAQ has focused more on resiliency, and Soldiers use it before and after deploying.

Richard Robinson, a recreation specialist with the ORC, assists WAQ activities. He said that WAQ helps Soldiers "blow off steam in a controlled environment," gives trained staff the opportunity to observe and evaluate Soldiers during activities, and speaks with the Soldiers about issues that do arise during said activities.

Soldiers who participate in WAQ can do a variety of activities, such as kayaking, stand-up paddleboarding and sailing. Non-aquatic activities include rebound or reusable paintball.

Groups of about 15 to 30 Soldiers participate in WAQ. If there are more in a single group, the Soldiers are divided into smaller groups.

According to the U.S. Army Morale, Welfare and Recreation website, WAQ

Sgt. 1st Class John Roberts, a maintenance supervisor with Forward Support Company, 84th Engineer Battalion, attempts to turn over the Battle Ball for Chief Warrant Officer 2 Jesse Amaya, an automotive maintenance warrant officer, FSC, 84th Eng. Bn., outside the Outdoor Recreation Center, recently.

has five phases. During the first phase, unit leaders learn about the leader-led action debriefing (L-LAAD). The Army Medical Department center and school came up with the L-LAAD to help Soldiers review their time engaged in the recreational activity and link it to any issues they were dealing with.

During the second phase, unit leaders learn about the use of L-LAAD during a WAQ activity. During the third phase, the Soldiers in the unit undergo online training. During the fourth phase, the unit engages in the WAQ activity, and the fifth and final phase is spent applying the L-LAAD to the activity.

"The debrief brings to conscious mind the stress relief that the Soldier had just experienced as well as informs them of different resources they may use to facilitate easing daily stress," Robinson said.

He said when he mentions that aggression can happen during a briefing prior to paintball with the Soldiers, they laugh. But when they play, they realize the effect paintball can have on them.

"Paintball is far more effective, useful (than other activities)," Robinson said. "We need to see where your trigger is."

He mentioned that during a WAQ activity, a Soldier began acting as though he were in combat. The unit had recently returned from deployment. Through WAQ, the Soldier was able to get help for the emotions that emerged during WAQ.

"What happens here, stays here," Robinson said. "This is where we want it to happen."

Points of Contact

Schofield Barracks Outdoor Recreation WAQ is currently being offered to all units. For more information, contact ODR at (808) 655-9045.

For more details about the Outdoor Recreation Center, visit <https://hawaii.armymwr.com/programs/outdoor-recreation-center>.

Uniting fun with fitness and more

Spc. Kunwar Nilendra, a wheeled vehicle mechanic with 84th Engineer Battalion, takes a breather during alternative PT outside the Outdoor Recreation Center.

Briefs

1 / Friday

Paint and Sip — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

2 / Saturday

WAAF 4K Run/Walk — Pearl Harbor Commemoration educational 4K runs through WAAF, 7-9 a.m., through 10 historical stops, significant to the attacks on Pearl Harbor – 76 years ago. Runners will be allowed special access to the flight line during the race.

The first 300 to register will receive a 76th anniversary commemorative coin at check-in. Cost is \$10 until 6:45 a.m. race morning. Register online at HiMWR.com/PH4K. Call 655-0113.

Hands Only CPR — Free youth classes, ages 10-14, held at SB Sgt. Yano Library from 11 a.m.-2 p.m. Classes are approximately 40 minutes long and taught by certified hands only/citizens’ CPR instructors. Call 655-9698.

Moonlight Hiking — Hike the Ewa Forest Reserve with SB Outdoor Recreation from 6-10 p.m. for \$20 per person. Transportation provided. Bring your own snacks and water. Call 655-0143.

5 / Tuesday

Coloring for Adults — Held at SB Library at 6 p.m. All supplies included. Light refreshments served. For adults only. Call 655-8002.

6 / Wednesday

Library Wreath Craft — Activity held at FS Library at 3:30 p.m. Crafters will create a holiday wreath with paper, glitter and a paper plate. Call 438-9521.

7 / Thursday

Brick Club — Monthly event held at SB Sgt. Yano Library for individuals who like to get creative with building blocks. Call 438-9521.

8 / Friday

Right Arm Night — Enjoy a night of comradery at FS Hale Ikena. Food and beverages available for purchase, 5 p.m. Call 438-1974.

13 / Wednesday

ACS Holiday Wonderland — Come and enjoy the ACS open house on Wednesday, Dec. 13, from 1:30-3:30 p.m. ACS is located in Bldg. 2091 on Kolekole

PERFORMANCES AND PARADES

Photo by Karen A. Iwamoto, Oahu Publications

SCHOFIELD BARRACKS — The 25th Infantry Division Band performs at the Holiday Tree Lighting Ceremony, Tuesday, here. The 25th ID Band will perform at several other locations in December. Service and family members, civilians and the public may catch any of these performances:

- Sat., Dec. 2, 9 a.m.,** at 32nd Annual Mililani Hometown Holiday Parade (“Disturbing the Peace,” our brass band).
- Sat., Dec. 2, 10:30 a.m.,** at Waianae Coast Rotary 22nd Christmas Parade.
- Mon., Dec. 4, 9 a.m.,** at Pearl Harbor Remembrance Day (“Bonzai Brass,” smaller, shorter performance).
- Sun., Dec. 17, noon** at Ka Makana Ali‘i Mall, Kapolei.
- Tue., Dec. 19, 6 p.m.,** at Mililani Town Center (“Tropic Knights” big band).

Avenue, SB.

14 / Thursday

Single Soldier Holiday Dinner — All single Soldiers and geographic bachelors are invited to the Tropics Recreation Center, Bldg. 589, Foote Avenue, SB, for this free holiday dinner on Thursday, Dec. 14, at 5 p.m. A live DJ, casino games and a prize giveaway await participants. Call 655-5698.

15 / Friday

Star Wars 3D Movie Night — A BOSS event. Meet at Olino by Consolidated Kapolei. Cost is \$15 per person, 7 p.m. BOSS Office located at 1470 Foote St., Bldg. 589. Call 655-5698 or 352-223-6370.

16 / Saturday

Winter Wonderland — Celebrate the holiday season with FMWR on Saturday, Dec. 16, from 9 a.m.-2 p.m., at the AMR Community Center.

The day begins with Breakfast with Santa at the AMR Gym at 8 a.m. Tickets are required; cost is \$18 for adults, \$9 for keiki 5-11 years old, and free for keiki 4 and under. Call Leisure Travel Service at 438-1985 or 655-9971.

Free activities begin at 9 a.m. with the snow zone, pictures with Santa, games, live bands and more. Food booths and other activities will be cash only. Call 655-0113.

Visit himwr.com.

BOSS Camping at Bellows — Register at Tropics Recreation Center

front desk. BOSS Office is located at 1470 Foote St., Bldg. 589. Call 655-5698 or 352-223-6370.

19 / Tuesday

FS Open Play Pick-Up Basketball — Play 5-on-5 full court basketball. Walk-in and sign up on the same day and time at 11 a.m.-1 p.m., Tuesdays & Thursdays, Dec. 19, 21, 26, & 28, or at FS PFC, 170 Chapplear Road, Bldg. 665. Call 438-1152.

20 / Wednesday

Santa Visit — A visit from Santa will bring Christmas joy to you and your little ones. Come visit with Santa and take pictures with the jolly old elf at 3:30-4:30 p.m., Dec. 20, at the FS Library, 181 Chapplear Road, Bldg. 650. Call 438-9521.

23 / Saturday

White Plains Beach BBQ, Surfing & Beach Day — Board rental is \$5 an hour, per person, for noon event. Call or sign-up at SB Tropics.

27 / Wednesday

Christmas Gift Exchange — Bring a gift for \$50 or less. Plus enjoy BOSS giveaways. Held at Tropics Recreation Center on Dec. 27 at 1 p.m.

January

5 / Friday

Intramural Basketball Registration — Jan. 5, 2018, is the registration

deadline to Play in the 2018 Army Hawaii Intramural Men’s and Women’s Basketball Company Level League. Games will be played at Martinez PFC and FS PFC.

Open to company, battery, troop detachment level active duty Army, Army Reserve and Army National Guard units within the geographical limits of Hawaii (one team only).

Season runs Jan. 22-March 30. Call 655-9650/9914.

Intramural Battalion Level Soccer — Registration deadline is Jan. 5, 2018, to play in the 2018 Army Hawaii Intramural Men’s and Women’s Battalion Level Soccer League. Games will be played at Stoneman Athletic Complex, FS Takata Field and TAMC Center Ball Field.

Open to Army active duty, USAR and Army National Guard battalions within the geographical limits of Hawaii (one team only).

Season runs from Jan. 22-March 23, 2018. Call 655-9650/9914.

Ongoing

9-Ball Pool Tournament at Tropics — Join us every Thursday at 6 p.m. for a 9-ball single elimination and sudden death tournament at SB Tropics. Call 655-5698.

Xbox Challenge NBA 2K17 — Every Wednesday at 11 a.m.-2 p.m. Call 655-5698.

community calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

1 / Friday

Polynesian Cultural Center — Christmas at the Hukilau Marketplace runs through Dec. 23 at the PCC and offers selfies with Santa, nightly Christmas entertainment and train rides for keiki, 6:30-8:30 p.m., Thursdays-Saturdays, through Dec. 16, and Mondays-Saturdays, Dec. 18-23.

The Winter Wonderland Snow Days are set for Dec. 2, 8 and 22. Visit www.hukilaumarketplace.com or call 293-3333.

2 / Saturday

Kolekole Hiking Trail — Hiking trail will be closed to hikers Saturday and Sunday, this weekend, due to live-fire training.

WAAF Run-Walk — WAAF hosts the annual Pearl Harbor Commemoration Run-Walk on Saturday, Dec. 2, at 7 a.m., at Kawamura Gate, Wheeler. The route will travel past historic sites on WAAF. Cost is \$10.

RSVP at 655-5975. Visit www.himwr.com/PH4K.

Honolulu City Lights — Opening night festivities and Public Workers’ Electric Light Parade, 4-11 p.m., Honolulu Hale and Fasi Civic Center, 530 S. King St.

Honolulu City Lights returns for its 33rd year of holiday cheer setting downtown Honolulu aglow with dazzling lights and displays to mark the start of the holiday season.

The opening night festivities kick off a monthlong celebration of family-friendly attractions and merry fun.

Sounds of Aloha — An a cappella Christmas presented, 4 and 7 p.m., at the Paliku Theatre, Kaneohe. Visit www.SoundsOfAloha.org.

3 / Sunday

Holiday Concert — The 100-voice Windward Choral Society’s 10th annual free event at 4 p.m., Dec. 10 and 17, at St. John Vianney Church, 920 Keolu Dr., Kailua.

Miranda Sings — YouTube sensation comes to the Hawaii Theatre for a night of comedy

and parody, 8 p.m. Visit www.hawaii theatre.com.

6 / Wednesday

Pacific Aviation Museum Commemoration — Blackened Canteen Ceremony hosted by Pacific Aviation Museum Pearl Harbor and Dr. Hiroya Sugano, M.D. aboard the USS Arizona, 7 a.m. Dr. Sugano comes from Japan to conduct this annual commemoration of peace and reconciliation ceremony with a silent prayer and pouring bourbon whisky from a World War II-blackened canteen into the water from the USS Arizona Memorial as an offering to the spirits of the fallen.

The public is invited on a first-come, first-served basis. Call 282-6570 for reservations.

7 / Thursday

Memorial Parade — Pearl Harbor Memorial Parade, 6 p.m. Decorated Cobra helicopters, floats and bands parade in Waikiki to honor and pay respect to the Pearl Harbor survivors, veterans, active duty military and their families.

Parade begins at Fort De-Russy in Waikiki and proceeds down Kalakaua Avenue to Kapi-olani Park.

8 / Friday

Historic Hawaii Foundation — Take a tour of Steve

McGarrett’s home on the hit TV series “Hawaii Five-O,” 5:30-8 p.m. The historic Bayer Estate in Aina Haina is a 1936 architecturally significant design. Tickets are required (\$65) and may be purchased online at <https://bayerestateopenhouse.eventbrite.com>.

9 / Saturday

Kapolei City Lights — West O’ahu Electric Light Parade on Kapolei Parkway kicks off the holiday season with a street festival celebration featuring food trucks and cultural entertainment, 4-9 p.m., at Kapolei Hale, 1000 Ulu’Ohi’a St. Contact the Mayor’s Office of Culture and the Arts at (808) 768-6622.

Holiday Pops featuring Amy Hanaiali’i — Saturday, Dec. 9, from 7:30-9:30 p.m., at Neal S. Blaisdell Concert Hall. Enjoy a well-deserved break from the hustle and bustle of the holidays with the Hawai’i Symphony Orchestra (HSO) at its annual Holiday Pops concert, part of its “music that POPS” series.

See Grammy-nominated vocalist Amy Hanaiali’I, who will fill the stage with song, hula and holiday joy as she joins the HSO for the first time singing songs from her Na Hoku award-winning Christmas album.

For more details, visit tickets.hawaiisymphonyorchestra.org.

This Week at the MOVIES

Sgt. Smith Theater

Jigsaw (R)

Friday, Dec. 1, 7 p.m.

Thank You For Your Service (R)

Saturday, Dec. 2, 4 p.m.



A Bad Moms Christmas (R)

Saturday, Dec. 2, 7 p.m.



Only The Brave (R)

Sunday, Dec. 3, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations		
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	and Recreation
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group
ACS: Army Community Service	CDC: Child Development Center	FS: Fort Shafter
AFAP: Army Family Action Plan	CYSS: Child, Youth and School Services	HMR: Helemano Military Reservation
AFTB: Army Family Team Building	EFMP: Exceptional Family Member Program	IPC: Island Palm Communities
AMR: Aliamanu Military Reservation	FCC: Family Child Care	PFC: Physical Fitness Center
	FMWR: Family and Morale, Welfare	SAC: School Age Center
		SB: Schofield Barracks

Students from across the island of Oahu alongside JROTC students from Nanakuli and Waianae High School participate in the annual Rotary Youth Leadership Awards camp.

Don Arakaki (pictured left in blue) briefs the young leaders on the events they will be participating in for the day at the Pililaau Army Recreational Center in Waianae.

Soldiers from 2IBCT, 25th ID assisted in the event with medics and other individuals who helped with water activities.



2IBCT ‘Dragons’ support Rotary Youth

Story and photos by
1ST LT. JORDAN LINDER
2nd Infantry Brigade Combat Team Public Affairs
25th Infantry Division

WAIANAЕ — With the turkey in the oven and family all around, Thanksgiving is a great time to relax. However, some choose to spend their holiday weekend by giving back to the local community.

That’s the case for Soldiers of the 225th Brigade Support Battalion, 2nd Infantry Brigade Combat Team, 25th Infantry Division, who participated in the 2017 Oahu Rotary Youth Leadership Awards (RYLA) on Nov. 24 at the Pililaau Army Recreational Center, here, on the Waianae Coast.

Rotary Youth
RYLA is an intensive coed leadership training and development program designed for 10th and 11th grade students for Hawaii public and private schools.
The 225th BSB provided basic first aid and water safety support that allowed the students to carry out their waterborne activities.
Ranging from Mililani Middle School to schools up and down the Waianae coast, battalions within 2IBCT are formally partnered with schools and organizations all across the island of Oahu, under U.S. Army Garrison-Hawaii’s Partnership of Ohana program, which gives units the ability to build close relationships through mentorship, tutoring and other volunteer opportunities.

Nanakuli partnership
The 225th BSB is partnered with Nanakuli High School and Nanakuli Elementary and was invited by the organizers of RYLA to participate in this year’s event.
During opening remarks to the students, Don Arakaki, vice president, Waianae Coast Rotary Club and event organizer for the RYLA, spoke highly of his experiences with the 225th BSB and 2IBCT in and around the



Medics of Charlie Company, 225th BSB, 2IBCT support the annual Rotary Youth Leadership Awards camp on Nov. 24.

Waianae Coast.
“Our leadership camp is about bonding, learning from teamwork and developing the future of young leaders in the Waianae Coast,” said Arakaki. “Without the support of the 225th Brigade Support Battalion and Tropic Lightning Soldiers, we would struggle to achieve those goals.”
Approximately 70 students from across Oahu participated in RYLA, including cadets from Nanakuli and Waianae high schools. They tackled teambuilding, leadership and problem-solving exercises.
Medics, safeties and volunteers arrived early to help start the event with water activities. Cadets and students began the morning with stand-up paddleboarding, kayaking and traditional Hawaiian canoe navigation.

Forming a connection
“Water safety is extremely important when in and around water,” said Sgt. John Nunez, medic, 225th BSB. “Being a volunteer who is trained in, not just combat first aid, but basic first aid, and CPR, allows us to assist our community whenever we can.”
“This is a great opportunity for these students and the Soldiers stationed here on Oahu,” said Sgt. 1st Class Michael Trump, a volunteer and 2IBCT plans noncom-missioned officer. “Volunteering to help teach proper kayaking and paddleboarding

techniques gives a good image that Tropic Lightning Soldiers care about their local communities. By showing our support, local communities will grow closer with those stationed here and friendships will be built.”

Trump, who showed up with a single-man kayak, instructed students and cadets all morning as he paddled with them around Pokai Bay by the Army recreation center.

“In the end, it’s all about just having some fun,” explained Trump. “It’s great to be able to pass on a skill like kayaking – and being on Oahu means plenty of opportunities to do it.”

Bonding with local high schoolers gave some volunteers memories of the past. For one volunteer, he was able to interact with the students of the high school he graduated from.

Sgt. Maj. Bobby Holt, operations sergeant major for 2IBCT, volunteered his time at the event over the weekend as well. Holt is an alumni of Nanakuli High School and enjoyed interacting with the students and cadets.

“Volunteering, to me, means passing on a skill to another generation. If kids these days don’t get out and learn to paddleboard or paddle a traditional Hawaiian canoe, then these skills are lost through time,” explained Holt. “I enjoy teaching the skills I’ve learned throughout my life, and in doing so, seeing the youth here grow to be the leaders of tomorrow.”

2IBCT’s community engagements and volunteer events create a shared interest between Soldiers and their local communities in which they serve.

“It’s always great to ... represent my battalion and the Army in community events like RYLA,” said Sgt. John Nunez, medic, 225th BSB. “It’s rewarding knowing we set great examples for the Army in the local communities and, most importantly, that we show the community that we are not just Soldiers, but people who can share common interests.”



Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

- AMR: Aliamanu Military Reservation Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Last Wednesday, 6 p.m. at MPC

Catholic Mass
•Monday-Wednesday, 11:45 a.m. at Soldiers Chapel
•Thursday, 11:45 a.m. at AMR
•Wednesday, 5 p.m. at MPC
•Saturday, 5 p.m. at TAMC
•Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC -11 a.m. at TAMC

Gospel Worship
•Sunday, noon at MPC
•Sunday, 12:30 p.m. at AMR

Islamic
•Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship
•Sunday Services -9 a.m. at MPC (Contemporary) -9 a.m. at FD -9 a.m. at TAMC -10 a.m. at HMR (Contemporary) -10:30 a.m. at AMR (Contemporary) -11 a.m. at WAAF (Contemporary)

Thanksgiving, what did it mean? To some it was survival

**CHAPLAIN (CAPT.)
MICHAEL A. MCGRUDER**
Battalion Chaplain
715th Military Intelligence Battalion
500th MI Brigade

SCHOFIELD BARRACKS — As we looked forward to the tradition and celebration of the season of Thanksgiving, a time in which delicacies are prepared with careful hands, as turkeys are stuffed with delight and potatoes are mashed and fluffed in preparation of a snow fall of turkey gravy, many participated in a day of observation and didn’t really know the origin.

What does Thanksgiving really mean? Often when asked, the consensus may reply, “It’s about food, family and football.”

But if you are anything like me, growing up in the Texas school system, you learned about the Mayflower, the



McGruder

pilgrims with their funny looking hats, long dusty socks and square-tipped shoes eating turkey and ears of corn with their Native American neighbors. But does that story truly reflect the day set aside in November known

today as Thanksgiving?
I dare not bore you with a history lesson; however, allow me to clear the waters so that we can see the actual picture. Most historians agree that Thanksgiving day was created by the Pilgrims to signify unity at the close of the Civil War. The pilgrims were not known to have chronicled their story to share because their journey was one of survival.

What most people do not know is



the pilgrims embarked on the long journey across the Atlantic not for new exploration, but for the right to, wait for it, “worship freely.” Imagine that, seems like history repeating itself in what we see in our society today.

As they reached North America on the Mayflower, the pilgrims celebrated

and gave thanks because they survived the journey. They celebrated surviving the first year on provisions they used to cross the Atlantic, for the rains to yield their first harvest, and they were thankful to worship without persecution.

So now I ask, what did Thanksgiving mean to you? Think about it. What has your journey looked like? What oceans of life have you crossed? What storms of life have you survived? What provision has allowed you to be where you are today?

I would submit to you that Thanksgiving is not an event, but a mindset. Thanksgiving is not a day, but a way of life. Thanksgiving is not a time, but an atmosphere.

Do you as the reader have something to be thankful for? I can think of one thing right off the bat. I am thankful that you have the breath of life to breathe another day. Another reason, I am thankful is that you have the ability and the opportunity to live life to its fullest no matter what obstacles you may be facing.

Okay, one more reason to be thankful: I am thankful that you, yes you, have a story. Oh, yes; your life is a story. Write it well and edit often. Thanksgiving, what does it mean to you?

Star card sweepstakes arrives

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

DALLAS — The nation’s military exchanges and the Defense Commissary Agency are joining forces to put some jingle back in military shoppers’ pockets by picking up the tab on their Military

Star cards with the “Your Holiday Bill Is On Us” sweepstakes. The Army & Air Force Exchange Service has offered the sweepstakes to its customers for the past three years. Now, in its fourth year, the Exchange is partnering with the entire military resale community to offer Military Star shoppers a chance to enter everywhere the card is accepted, including AAFES, NEX, MCX, CGX and commissaries, and online at ShopMyExchange.com and MyNavyExchange.com.
The sweepstakes runs Nov. 1-Dec. 31.

Each transaction counts as one entry. Five grand-prize winners will have their Military Star card bill paid in full up to \$8,200, with a minimum prize of \$2,500. Ten second-prize winners will be awarded a \$1,000 credit on their Military Star card statement, while 25 third-place winners will receive a \$500 credit. “Just by using your Military Star card, you could win big,” said Air Force Chief Master Sgt. Luis Reyes, Exchange senior enlisted adviser. “One swipe could go a long way toward paying for your holiday gifts this year.”

Winners of the Your Holiday Bill Is On Us sweepstakes will be randomly selected and announced on or about Jan. 30, 2018.

Military Star
The Army & Air Force Exchange Service operates the Military Star program on behalf of the military resale community.

Mosquitoes that carry dengue fever are in Hawaii

Hawaii state officials say no confirmed cases yet

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HONOLULU — Many have read about the dengue outbreak, last year, on the island of Hawaii, called the Big Island. Plus, there was also an outbreak in 2001 and 2011 on the island of Oahu. Dengue fever is not native to Hawaii, but it is intermittently imported from other areas by infected travelers. The dengue virus mainly occurs in tropical Asia, Africa, the South Pacific and the Caribbean. Since April 26, 2016, fortunately, the Hawaii Department of Health has not identified any new cases. However, the Aedes-mosquitoes, which can spread dengue fever, are present throughout the state of Hawaii.

Dengue virus
The dengue virus is passed from mosquitoes to humans. Mosquitoes become infected by feeding on someone who is infected with dengue. An infected mosquito can transmit the virus to a new person when it bites them and can live and infect other people for a few weeks. Symptoms start five to seven days after being bitten, but the onset can range from three to 14 days. Symptoms include fever, headaches and a rash. The rash is



Courtesy photo

Aedes-mosquitoes can carry dengue fever and are present in Hawaii.

on the hands, arms, legs and feet and occurs three to 14 days after the fever starts. People may have bleeding problems. People also complain of eye, joint and muscle pain. Symptoms usually resolve in one to two weeks. People can have severe dengue that causes blood clotting problems and low blood pressure. Most people have mild symptoms, and some may be asymptomatic. If you suspect you have dengue, contact your health care provider who will contact the Department of Health to order blood tests to confirm the diagnosis.

If you are ill for more than a week before your test, an antibody test can reveal whether you were previously infected with dengue. There are four types of dengue viruses, but the dengue virus type is not possible to determine after the first week of illness. Unfortunately, having one type of dengue virus does not give you immunity to the other three. **Treatment**
The treatment for dengue is supportive. Try to remain well-hydrated

and get plenty of rest. Acetaminophen can help reduce fever or pain. To prevent dengue fever, try to avoid mosquitoes. Aedes-mosquitoes are most active at dawn and dusk. They also like to cluster in shady areas and can live inside, so make sure screens on windows or doors do not have holes. Mosquito netting may help. Mosquitoes prefer dark colors, so try to wear lighter-colored clothing. Use repellent with 20-30 percent DEET (an insect repellent with the active ingredient called diethylmetatluamide) and wear long-sleeved T-shirts and pants. DEET, however, should not be used on children less than two months old. Avoid applying repellent to cuts, wounds or irritated skin. Do not spray the repellent directly on the face. Apply it on your hands first and then on the face, avoiding the mouth and eyes. *(Editor’s note: In the next article, learn more about the Zika virus, which has not been found in Hawaii, yet, but has been found on the mainland already.)*

More Online
For more details on dengue fever, visit the State of Hawaii, Department of Health Disease Outbreak Control Division at http://health.hawaii.gov/docd/disease_listing/dengue/.

Improvements coming Jan. 1 with TRICARE Select

TRICARE
News Release
On Jan. 1, 2018, TRICARE Select will replace TRICARE Standard and TRICARE Extra. As a result, beneficiaries will notice improved coverage for preventive services with TRICARE Select. Preventive care helps you take command of your health and manage potential issues before you experience symptoms. This type of health care allows you to address health problems before they become life threatening. Examples of TRICARE-covered preventive services include cancer screenings and vaccines, in addition to well-woman and well-child exams. If you currently use TRICARE Standard and TRICARE Extra, you don’t pay anything for certain preventive services. But for all other preventive services, beneficiaries pay between 15-25 percent of the cost after their yearly deductible is met, depending on the plan and beneficiary category. “With TRICARE Select, beneficiaries won’t pay anything out-of-pocket for covered preventive services if they are provided by a network provider,” said Valerie Palmer, a health care policy analyst for TRICARE. “However, if they use a non-network provider, fewer preventive services are paid by TRICARE. This is why it is important to see a network provider for your preventive care.” The additional, no-cost preventive services beneficiaries can receive under TRICARE Prime that TRICARE Select will cover beginning in 2018 include these:

•**One Health Promotion and Disease Prevention (HP&DP) exam.** This is covered annually for beneficiaries age 6 and older. In 2018, this exam will no longer require the inclusion of a covered cancer screening or immunization if you see a network provider. •**Lung cancer screening (low-dose computed tomography).** This is covered annually for persons ages 55-80 with a 30 pack-per-year history of smoking who are currently smoking or have quit within the past 15 years. Screening should be discontinued once the individual has not smoked for 15 years or develops a health problem significantly limiting life expectancy or ability or willingness to undergo curative lung surgery. •**Abdominal Aortic Aneurysm (AAA).** This is a one-time screening using ultrasonography for men ages 65-75 who have ever smoked. A new preventive service added this year for both TRICARE Prime and TRICARE Select is aimed at adults with a body mass index (BMI) of 30 kg/m2 or higher and children or adolescents with a BMI value greater than the 95th percentile. Intensive, multi-component behavioral interventions to promote sustained weight loss (12 to 26 sessions per year) are covered when rendered by a TRICARE-authorized



ized provider. An authorized provider is any individual, institution/organization or supplier that is licensed by a state, accredited by national organization or meets other standards of the medical community, and is certified to provide benefits under TRICARE. There are two types of TRICARE-authorized providers: network and non-network. Types of behavioral management interventions include diet and physical activity guidance, strategies to promote and maintain lifestyle changes and more. This addition is a covered benefit regardless of whether the beneficiary uses a network or non-network provider, though costs are typically lower with a network provider.

Upcoming Changes
Are you ready for the changes to coming TRICARE on Jan. 1, 2018? Learn more about upcoming changes here: <https://www.tricare.mil/changes>.

Managing Holiday Stress

The Performance Triad is a comprehensive plan to improve readiness and increase resilience through public health initiatives and leadership engagement. The focus of the Performance Triad is on sleep, activity and nutrition – key actions that influence health in the “life-space” of time that aren’t spent with a health care provider. While the holiday season can be a fun and joyous time, it can also be very stressful. The combined effort of shopping, attending social events and entertaining

OPTIMIZE YOUR PERFORMANCE:

- SLEEP**—your secret weapon
- ACTIVITY**—stronger, faster, fitter
- NUTRITION**—the right fuel at the right time

guests can quickly become too much to handle. Remember these Performance Triad tips to keep your holiday stress free:

- Get quality sleep.
- Engage in activity.
- Improve nutrition.